

CLAIMS

1. A flour of a grain belonging to the genus *Eragrostis*, preferably *Eragrostis tef*, characterized in that the falling number of the grain at the moment of grinding is at least 250, preferably at least 300, more preferably at least 340, most preferably at least 380.
- 5 2. A flour according to claim 1, characterized in that the grain has after-ripened.
3. A flour according to claim 2, characterized in that the falling number of the grain at the moment of grinding is at least 1.01 times higher than at the moment of harvesting the grain, preferably at least 1.05, more
10 preferably at least 1.20 and still more preferably at least 1.30 times higher.
4. A flour according to any one of the preceding claims, characterized in that the grain is gluten-free.
5. A flour according to any one of the preceding claims, wherein the grains has been ground at least 4, preferably at least 6, more preferably at
15 least 8 weeks after harvesting.
6. A flour according to any one of the preceding claims, wherein the falling number of the grain at the moment of grinding is substantially stable for at least 2-3 weeks.
7. A flour according to any one of the preceding claims, wherein the
20 grain is so finely ground that an essential part of the flour can pass through a sieve with a pore size of at most 150 microns, preferably at most 120 microns, more preferably at most 100 microns.
8. A flour according to any one of the preceding claims, wherein the grain contains at least 0.005% iron, and/or at least 0.14 % calcium, and/or at
25 most 0.8% mineral-binding substance.
9. A flour according to any one of the preceding claims, wherein the flour comprises 10-30% rapidly degradable carbohydrates, 35-65% slowly

degradable carbohydrates and 20-40% resistant carbohydrates, said percentages calculated relative to the total content of carbohydrates.

10. A flour according to any one of claims 1-9, wherein the grain comprises a mixture of grains.

5 11. A flour according to claim 10, wherein the mixture consists for 5-99% of flour of a grain with a falling number higher than 400, preferably higher than 420, more preferably higher than 450.

12. A flour according to claim 11, wherein, for the remaining part, the mixture consists of flour of a grain with a falling number lower than 400,
10 preferably lower than 350.

13. A flour according to claim 10, wherein the mixture consists for 5-99% of grain which has after-ripened for a long time, preferably more than 4 weeks, more preferably more than 8 weeks, and, for the remaining part, consists of grain which has after-ripened for a short time, preferably fewer
15 than 4 weeks, more preferably fewer than 2 weeks.

14. A flour comprising a flour according to any one of claims 1-13 mixed with flour of a gluten-free crop, preferably selected from the group comprising potato, corn, rice, arrowroot, buckwheat and quinoa.

15. A flour comprising a flour according to any one of claims 1-14 mixed
20 with flour of a gluten-containing crop, preferably selected from the group comprising wheat, barley, rye and oat.

16. A dough or batter comprising flour according to any one of claims 1-15.

17. A gluten-free dough or batter comprising flour according to any one of
25 claims 1-14.

18. A food product comprising flour according to any one of claims 1-15.

19. A method for baking a product comprising the steps of: a) preparing a dough or batter by mixing a flour according to any one of claims 1-15 with a liquid and, optionally, a leavening agent; b) kneading said dough in a
30 desired shape; and c) heating the dough for some time.

20. A method for baking a gluten-free product, comprising: a) preparing a dough or batter by mixing a flour according to any one of claims 1-14 with a liquid and, optionally, a leavening agent; b) kneading said dough in a desired shape; and c) heating the dough for some time.

5 21. A baked product prepared according to the method of claim 19 or 20.

22. A gluten-free baked product according to the method of claim 20.

23. A baked product according to claim 21 or 22, wherein the product contains at least 0.005% iron, at least 0.14% calcium and at most 0.8% mineral-binding substance.

10 24. An extruded product comprising dough according to claim 16 or 17.

25. A coating comprising flour according to according to any one of claims 1-15.

26. A food product at least partly provided with a coating according to claim 25.

15 27. A food product or luxury food product prepared from unground grain belonging to the genus *Eragrostis*, preferably *Eragrostis tef*, characterized in that the falling number of the grain at the moment of the preparation is at least 250, preferably at least 300, more preferably at least 340, most preferably at least 380.

20 28. A method for binding a composition, preferably a pharmaceutical or a cosmetic composition, of at least two components, comprising the mixing of said components with starch of a flour according to any one of claims 1-15.

29. Use of a flour according to any one of claims 1-15 or a dough or batter according to claim 16 or 17.